08 Gruesome grub

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29 Pige yourself

thenewhammag
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Schooled in fine dining

Chef cooks up a treat at Houses of Parliament (p24)

Newham London

Starting school

If your child will have their 5th birthday between 1 September 2015 and 31 August 2016 you need to apply for a reception class place now.

The deadline for a reception class place for entry in September 2015 is **15 January 2015**. If you miss this date you will have less chance of getting the school that you prefer. Pick up a copy of the autumn 2014 edition of the Starting School guide from any Newham Council operated nursery, infant or primary school.

Apply online, to apply on time.

For more information visit **www.newham.gov.uk/schooladmissions**

the newham mag

Look out for the next issue out from **19 December**
View the mag online at **www.newham.gov.uk/mag**

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The distinctly festive feeling in the air has been enhanced by the borough's Christmas lights which were switched on last month (p14)

Christmas is a time for coming together. So we invited all the borough's faith groups to share ideas about how to strengthen our community. Read their ideas on page 12.

While we all hurriedly book our Christmas meals, we uncover some of the unsavoury conditions in Newham's restaurants and takeaways (p8). And if you're looking for ways in which you can burn off all the excesses of Christmas, start training for the Great Newham London Run, now part of the Great Run series (p11).

Councillor Jay Laguda MBE
Mayoral advisor for adults safeguarding

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The *Newham Mag* is printed on 100 per cent recycled paper by Woodford Litho Ltd and distributed by Letterbox Distribution.

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Newham London

Love Newham? Download the free Love Newham app and report a range of environmental issues
Visit **www.newham.gov.uk/lovenewham**

Freedom pass renewals
Residents are reminded to look out for letters with details about how to renew their Freedom Pass

More than 1 500 of the 19,000 older people in Newham who currently possess a pass have already applied for renewals Others are urged to do the same when they receive reminder letters this month from London Councils

Most passes expire on 31 March People whose passes do not expire on that date do not need to do anything

The Freedom Pass allows older adults to travel on public transport for free across the capital For more information visit
www.freedompass.org

Stratford improvements welcomed
A decision to create a Business Improvement District (BID) which will generate £1 2m of private sector investment for Stratford town centre has been welcomed

Local traders proposed the BID, a privately funded business-led organisation which aims to improve the town centre Mayor Sir Robin Wales said "It will strengthen the area s ability to compete with other London high streets "

Carol Richards chair of Stratford Town Centre Forum, said "We now have an organisation and funding to make improvements happen "

Full details are available at
www.stratfordoriginal.com

Visit Santa's grotto
Father Christmas will be giving out free gifts to children from his grotto at Queens Market in Green Street Upton Park, from 11am 3pm on 20, 22 and 23 December On 20 December there will also be music from a steel band and choir and face painting from 12 2pm

A Christmas retro' market will be taking place at The Grove in Stratford on 18 19 and 20 December between 9am and 4pm selling vintage clothes and traditional crafts amongst a range of items

Libraries host a spooky tale

Newham councillors join residents [illegible] the cast at Custom House Library

The tale of Dracula was brought to life at three libraries to the delight of residents who got to watch the show for free thanks to Newham Council

The production by drama company Theatre6 and Open Book visited Beckton, Canning Town and Custom House libraries Almost 120 residents who signed up to receive social media and email alerts from the council were invited to watch

Councillor Ken Clark cabinet member for building communities and public affairs, said "We are changing the way spaces like libraries and community centres are traditionally used to create more opportunities for residents to get together This production was one example of the ways we are encouraging residents to rediscover what their community spaces have to offer "

Visit **www.newham.gov.uk/communityneighbours** for more information or follow @NewhamLondon on Twitter to hear about news and offers

Shockingly easy way to save life

Cllr Furness with London Ambulance Service Community Resuscitation Training Officer Ricky Lawrence

Newham Council is supporting a campaign to raise awareness of the importance of having life-saving equipment in business premises

The London Ambulance Service's Shockingly Easy campaign encourages companies to get a defibrillator, a machine that shocks the heart to restart it when it's in cardiac arrest

Councillor Clive Furness, mayoral adviser for adults and health, helped launch the campaign at Stratford Shopping Centre He said "I urge every business to get a defibrillator It is vital that these life-saving machines are within easy reach of anyone who suffers a cardiac arrest It could save their life."

The council's offices at Newham Dockside are already equipped with defibrillators and it is hoped other organisations will follow suit.

For information on how to get a defibrillator for your organisation and training on how to use it visit **www.londonambulance.nhs.uk/shockinglyeasy**

Councillors salute the Reserves

Cllr Bourne presents the medal to C Sgt Finnigan

Newham councillors showed their support for the work of the Army Reserves by attending an open evening staged by 7 Rifles G Company in West Ham.

The councillors visited information stands that highlighted opportunities available to those wishing to join the Army Reserves. These included weapons training, fitness facilities, infantry equipment, a field kitchen, signals and cadet services. Councillor Freda Bourne also presented a Volunteer Reserve Service Medal Clasp to Colour Sergeant Anthony Finnigan in recognition of his long and efficient service.

Captain Lee Flitcroft said: "I thank councillors for coming to see what the Army Reserves can offer. Newham's elected members are our champions in the community and can spread the message about the skills that can be gained from becoming a Reservist."

To see what the Army Reserves offer visit the Army Reserve Cente in Portway any Tuesday from 7.45pm or email **7RIFLES-G-PSAO@mod.uk**

In the market for fun

Cllrs Abdulmuhit, Obaid Khan, Forhad Hussain, Ellie Robinson and Rohima Rahman enjoy the table tennis

More than 300 residents young and old proved they were in the market for fun and games at an event staged by Newham Council's Green Street Community Neighbourhood councillors and residents.

Market Games took place at Queens Market in Upton Park and featured roller skating, rowing machines, wheelchair basketball, table tennis, running, taekwondo and non-contact boxing. Green Street Safer Neighbourhoods team police officers gave advice on personal safety, crime prevention and security marking.

The event was also supported by leisure provider activeNewham, West Ham United Community Sports Trust, London Youth Rowing, Manor Park School of Tae Kwon Do and Tesco, who offered a food hamper for a prize draw. The next Market Games is planned for February.

Councillor Hanif Abdulmuhit said: "We are keen to get young people involved in fun activities like this when the market is not in use. It really brings our community together."

Christmas park and shop for free

Shopping is being made easier again this year with residents allowed to park for free at six Newham Council car parks on three days in the lead up to Christmas.

Free parking will be available all day on 22, 23 and 24 December at St John's Road East and West and Madge Gill Way car parks, all in East Ham; at Shaftesbury Road and Queens Market car parks in Upton Park; and at Settle Point car park in Plaistow.

Motorists must park correctly within bay markings and adhere to length and height restrictions. If parked within a disabled bay you must display a valid Blue Badge. Failure to comply will result in a penalty charge notice.

Councillor Ian Corbett, mayoral adviser for environment and leisure, said: "We want to support businesses by encouraging residents to shop local in the lead up to Christmas."

No excuse for inactivity

A report published recently harshly criticised the residents of Newham for being amongst the most inactive in the country, claiming that almost four in ten of us fail to do even 30 minutes of moderate exercise every week

That may or may not be the case, but the report could have been improved dramatically if it had looked at the total amount we spend on sport and physical activity

While it rightly applauds us for investing £2.1m from our public health funding on ways to boost inactivity, that is only a small percentage of what Newham Council actually spends, which is at least £20m

> "We continue to offer free swims for under 16s and over 60s, while other boroughs have stopped similar programmes

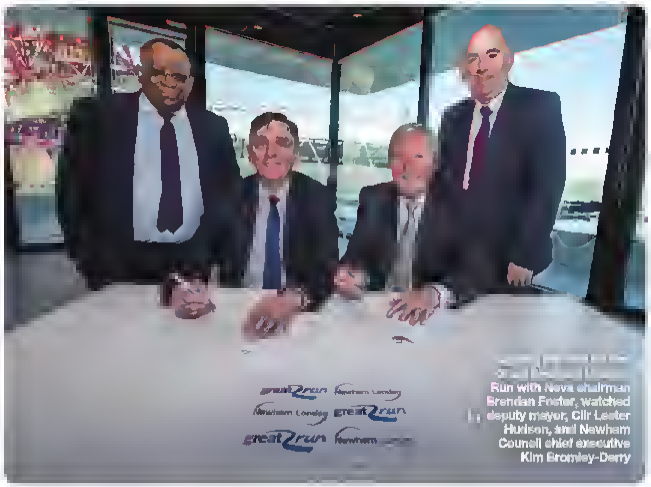
Despite massive cuts in our overall funding from the Government, we continue to work with our partners at activeNewham and others to make sure there is something for everyone regardless of age, ability or interest That could be anything from taking up a sport, volunteering, helping out at a community garden, dancing, walking or cycling

We are spending almost £15m on the new Atherton leisure centre in Stratford We continue to offer free swims for under 16s and over 60s, while other boroughs have stopped similar programmes Our Every Child a Sports Person programme ensures all our 11-year-olds get to try one of 20 sports for free, many of which are not on the school curriculum We are the only borough to do this

We are proud to be hosting Rugby World Cup 2015 and we are funding the introduction of the sport in our schools We have just agreed a ten year partnership to be part of the prestigious Great Run series that will see residents getting a chance to run for free and enjoy their own moment of glory in the former Olympic Stadium Our shared ownership of the Stadium will result in a range of community benefits for residents, as well as bringing sporting events to inspire our children

The inactivity report does helpfully highlight the huge disparity in public health funding from the Government Newham receives far less per head compared to many other more affluent areas If we can do the right thing by increasing spending on sport and activity why can't they?

As we start thinking about our New Year's resolutions, let's all commit to being more active in 2015



Run with Nova chairman Brendan Foster, watched by deputy mayor, Cllr Lester Hudson, and Newham Council chief executive Kim Bromley-Derry

Mayor's view

Toys appeal that means so much

I encourage residents and businesses to once again get behind an appeal for toys that will see youngsters most in need not missing out this Christmas.

I have donated gifts to the annual appeal run by Canning Town charity Community Links and the Newham Recorder newspaper and hope others will do the same. The appeal has been run for 38 years. This year it needs to collect 15,000 toys to help almost 4,000 youngsters and their families.

I know this time of year is busy for everyone but I would ask that you spare a thought for this special appeal. Community Links aims to provide each child referred to it with a Christmas stocking of new gifts. This year the need is more acute than ever.

Every Newham child matters so if you are buying toys for family and friends, please add another to support the appeal.

With Cllrs Clair Kober and Unmesh Desai and youngsters from Community Links after-school club in Rokeby Street, Stratford, who collected the gifts

You can drop off toys to the town halls in East Ham and Stratford and at libraries during opening hours. For more information visit **www.community-links.org**

Thanks for joining the parade

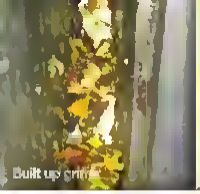
With Cllr Quintin Peppiatt and the Hartley pupils

Pupils at Hartley Primary School in East Ham became the latest young people to receive special medals for taking part in this year's Mayor's Newham Carnival. I thank all of those who took part and all those who made it possible for them to do so.

More than 2,000 residents, including 500 young people from 17 schools across the borough, joined the parade around the streets of East Ham in July. Like all the other schools that took part, the Hartley pupils spent many hours making their colourful costumes and props.

I'm proud of them and of all our schools for getting involved and for helping to make our annual carnival such a huge success. I hope they will all do so again next July.

with Sir Robin Wales



NOT SO GLORIOUS FOOD

Newham Council's food safety inspectors work to ensure that when you visit your local restaurant you don't take away food poisoning. So far this year, food inspectors have closed 34 food premises – more than any other London borough. Here are some of the stomach-churning finds they have encountered.

MANOR PARK

CLOSED 30/4/14 | REOPENED 6/05/14

Food safety inspectors gave restaurant owner Mohammed Naseem a grilling over conditions in **Shahi Kebabish Grill House** when they followed up a on a complaint from a resident.

The restaurant at 817 Romford Road had unsafe standards of hygiene and cockroaches, among other food safety failures. Mr Nassem was told to close, which was backed by magistrates in court. Within a week, standards had improved and the infestation was under control, and the shop re opened.

FOREST GATE

CLOSED 21/5/14 | REOPENED 29/05/14

A routine inspection of **Abu Bakar**, 47 Upton Lane, revealed more than the business owner Mohammed Ali Ahmed would have liked. An out of control infestation of oriental cockroaches had taken over the restaurant, which was told to close, backed up with an order from the magistrates' court.

When inspectors revisited the infestation had been reduced and was under control. Poor cleaning standards had been addressed.

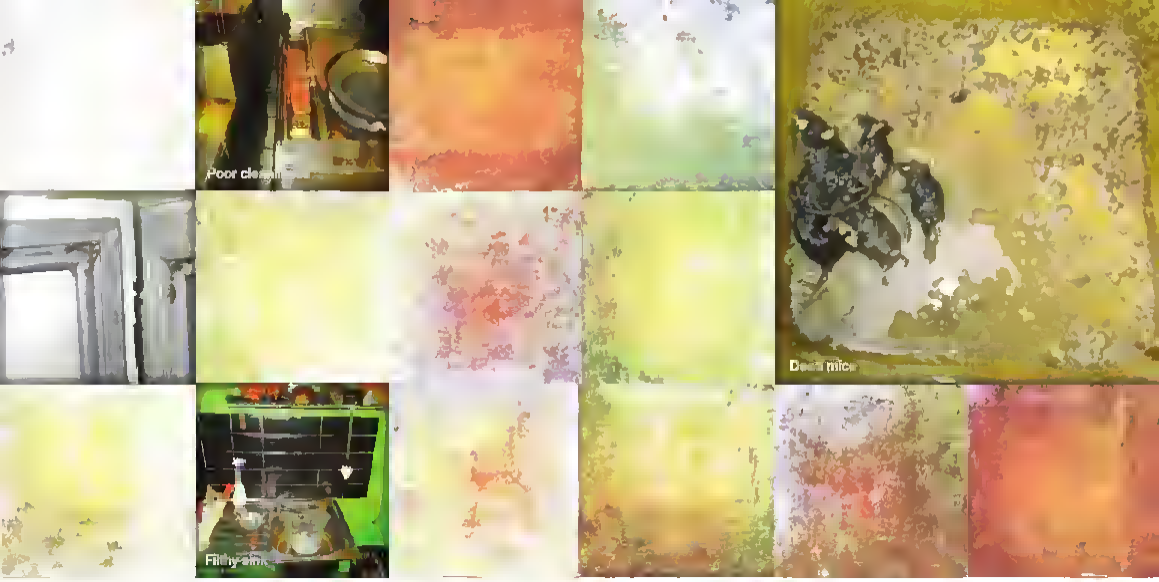
EAST HAM

CLOSED 9/6/14 | REOPENED 17/6/14

When **Sindhu Mahal**, 274 Barking Road, E6, switched hands within the family to Paramalingham Ravendran, inspectors conducted a routine inspection. They found the catering arm of the restaurant, which prepared food on site, had poor standards of cleaning, management failures and an infestation of German cockroaches.

Following a swift closure, Mr Ravendran appointed a consultant to oversee the improvements. Staff were given training and befter food safety management was put in place.

Sindu Mahal reopened within a week but a revisit a few weeks later resulted in a warning letter tor general cleaning, structure and pest proofing. After addressing all outstanding issues and satisfying the inspector, Mr Ravendran resumed his business almost two months after the initial visit.



Images above are of general conditions encountered by food safety during other inspections not mentioned below

STRATFORD

CLOSED 22/7/14 | REOPENED 29/7/14

It was paradise lost for the **Paradise Café**, 85 Vicarage Lane, when a member of council staff spotted a cockroach and reported it to the food safety team. Inspectors ordered the closure of the cafe, supported by magistrates at court, after they discovered a large cockroach infestation coupled with poor cleaning.

Five days later, inspectors revisited to find that deep cleaning had taken place. Evidence of cockroaches was low and pest control measures had been put in place.

costs of bringing the case to court and the cost of the order be paid by the business owner, Mubeen Afzaal.

Inspectors revisited the premises less than a week later to check all requested measures had been implemented.

PLAISTOW

CLOSED 17/9/14 | REOPENED 23/9/14

A routine inspection of **Hunger Inn**, 80 Plashet Road, E13, revealed an infestation of mice and poor cleaning. The inspectors closure was supported by the Magistrates' Court, who also demanded that the council's

Food premises uncovered

To check how your local restaurant or takeaway fares on food hygiene visit **www.scoresonthedoors.org.uk** where you can discover the hygiene rating of your favourite pub, takeaway or restaurant.

Did you know?

As well as restaurants, food safety officers inspect any premises where food is sold or served including:

supermarkets
newsagents
bakers
cash and carry
caterers
childminders/nurseries
colleges/schools
mobile traders
food packers/manufacturers.

Call the inspectors

To report a premises you think may be failing food safety standards email food@newham.gov.uk or call 020 3373 7709. Read more about the work of the food safety team by visiting www.newham.gov.uk/foodsafety

Newham London

London Borough of Newham

Planning Applications submitted by London City Airport

Public Consultation - Further amendments to Environmental Statement received, comprising. 1) Environmental Statement (Volumes 1-4 and Non Technical Summary) (November 2014), and, 2) Addendum to Environmental Statement incorporating; Part A) Response to Regulation 22 request 20th August 2014, Part B) EIA Sensitivity Test on 120,000 aircraft movements by 2023, Part C) Proposed Noise Quota Count System under the Aircraft Categorisation Review, Parts D1 and D2) information supplied in reply to Regulation 22 requests dated 21st January 2014, 23rd May 2014 and further information received from the applicant

The following planning applications submitted to the London Borough of Newham are advertised under Article 13 of the Town and Country Planning (Development Management Procedure) (England) Order 2010 (as amended) and in accordance with all other relevant statutory requirements arising pursuant to the Town and Country Planning Act 1990 (as amended) and the Planning (Listed Building and Conservation Areas) Act 1990 (as amended) and Regulation 22 the Town and Country Planning (Environmental Impact Assessment) Regulations 2011

London City Airport submitted two inter-related planning applications to the London Borough of Newham on 26 July 2013 to deliver the City Airport Development Programme (CADP) these applications are referred to as CADP1 (planning application 13/01228/FUL) and CADP2 (planning application 13/01373/OUT)

This notice is to advertise that the applicant has submitted further amendments as set out in the text above A summary of the amendments are set out within the documents Changes are set out within the documents in tracked changed format

Application Site: London City Airport, Hartmann Road, Silvertown, London, E16 2PX

Planning Application CADP1 Works to demolish existing buildings and structures and provide additional infrastructure and passenger facilities at London City Airport. Detailed planning permission is being sought for
(a) Demolition of existing buildings and structures
(b) 4 ungraded aircraft stands and 7 new aircraft parking stands
(c) Extension and modification of the existing airfield including the creation of an extended taxi-lane
(d) Emergency vehicle access point over King George V Dock;
(e) Replacement landside Forecourt to include vehicle circulation pick up and drop off areas and hard and soft landscaping
(f) Eastern Extension to the existing Terminal Building (including alteration works to the existing Terminal)
(g) Construction of a three storey passenger pier to the east of the existing Terminal
(h) Erection of Noise Barriers
(i) Western Extension and alterations to the existing Terminal
(j) Western Energy Centre storage ancillary accommodation and landscaping
(k) Facilitation Works including temporary coaching facility and extension to the outbound baggage area
(l) Upgrading works to Hartmann Road
(m) Passenger and staff parking car hire parking taxi feeder park and ancillary and related work,
(n) Eastern Energy Centre
(o) Dock Source Heat Exchange System within King George V Dock; and
(p) Ancillary and related work

The application does not accord with the provisions of the Development Plan and affects the setting of Listed Buildings i) Central Buffet at Custom House Royal Albert Dock – Grade II ii) Central Offices at Custom House Royal Albert Dock – Grade II and iii) St Marks Church North Woolwich Road – Grade II

OFFICER Sunil Sahadevan Ref 13/01228/FUL

Planning Application CADP2 Outline application for erection of a hotel with up to 260 bedrooms ancillary flexible A1-A4 floorspace at ground floor, meeting/conference facilities together with associated amenity space landscaping plant and ancillary works

The application affects the setting of Listed Buildings i) Central Buffet at Custom House Royal Albert Dock – Grade II ii) Central Offices at Custom House, Royal Albert Dock – Grade II and iii) St Marks Church North Woolwich Road – Grade II

OFFICER: Sunil Sahadevan Ref 13/01373/OUT

Both these applications including the further addendums are currently being considered by the London Borough of Newham as the Local Planning Authority Before making a decision on these applications the Local Planning Authority would like to know your views If you wish to make any comments on either of these applications, including the additional information they should be submitted in writing no later than 5th January 2015 Please note that if you do not submit comments by this date your views may not be able to be taken into account

The applications can be viewed online at **www newham gov uk/pa** where you will be able to view the plans and other documents relating to these applications as well as send us your views

In addition, you may inspect copies of the Environmental Statement, additional information revisions and amended drawings and the other application documents at the following locations (the opening hours listed below are accurate at the time of writing)

- North Woolwich Library 5 Pier Parade, North Woolwich E16 2LJ (London Borough of Newham) Opening hours Monday/Tuesday 09 30 17 30 Thursday 13 00-20 00, Saturday 09 30 17 30 CLOSED Wednesday, Friday Saturday
- Ideas Store Chrisp Street 1 Vesey Path East India Dock Road E14 6BT (London Borough of Tower Hamlets) Opening hours Monday Thursday 09 00-21 00, Friday 09 00 18 00 Saturday 09 00-17 00 Sunday 10 00-16 00
- Woolwich Library at The Woolwich Centre, 35 Wellington Street Woolwich SE18 6HQ (Royal Borough of Greenwich) Opening hours Monday/Thursday 09 00-19 00 Tuesday/Wednesday/Friday 09 00-17 30 Saturday 09 00 17 00 CLOSED Sunday
- Newham Dockside 1000 Dockside Road E16 2QU (London Borough of Newham)– by prior appointment only– Contact sunil sahadevan@newham gov uk or call 020 3373 1423

You may obtain a hard copy of all Environmental Statement documents from, RPS Planning and Development 14 Cornhill London EC3V 3ND or by calling RPS on 020 7280 3200 Hard copies of the Environmental Statement (ES) and Technical Appendices at a cost of £200 for each volume (excl postage and packaging) a hard copy of the ES Non-Technical Summary free of charge A CD Rom version of the ES is available for £10 (including postage and packaging) Copies of Addendum Parts A-D are available at a cost of £200 (excl postage and packaging) A CD Rom version of Addendum Parts A-D are available for an administrative charge of £10 (including postage and packaging)

Any person wishing to make representations relating to the applications should do so online at **www newham gov uk/pa** or in writing to the officer identified above at *Newham Dockside 1000 Dockside Road E16 2QU* Please note that representations already received regarding these applications will be taken into account by the London Borough of Newham as part of the assessment of the applications

Great news – Newham joins Great Run series

Thousands of you have donned your trainers and pounded Newham's pavements and parkland. Now thousands more will have the chance to do the same as Newham Council's new partner for the Great Newham London Run.

Nova has been appointed the council's partner to develop and stage the Great Newham London Run following a rigorous tendering process. The ten-year partnership will see Newham and Nova working together to integrate the Great Newham London Run into the Great Run series and establish it as one of the 'must do' events in the UK running calendar.

Established in 1988 by former Olympic medallist Brendan Foster, Nova has built the Great Run programme into the world's biggest mass participation running series. The events stretch across the UK and currently take place annually in eight cities.

Over a decade, more than 400,000 people are expected to take part in the Great Newham London Run event. Participants will run through Queen Elizabeth Olympic Park and cross the finish line in the former Olympic Stadium. There are also plans to open the Stadium to the public so family and friends can share the runners' "Olympic-style" moment of glory. The Family Run is also being retained.

Newham has retained its commitment to giving residents opportunities to enjoy free events with 20,000 places allocated to them. Nova will also work with volunteers, clubs and community groups in Newham to increase levels of sport participation.

Mayor Sir Robin Wales said "Nova have helped us deliver the annual Newham London Run since 2010 and we are delighted that our partnership will continue.

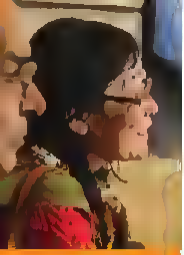
"This is a great example of how we are using our investment in the former Olympic Stadium to generate community and financial benefits for the people of Newham."

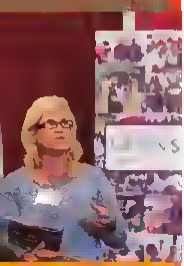
Nova chairman, Brendan Foster, said "Newham is the perfect place in London to hold this major mass participation running event. The former Olympic Stadium is the centrepiece of an amazing area that has been transformed over the past decade. I am sure runners and their supporters from Newham, London and the rest of the UK cannot wait to take part in the 2015 event."

Keep reading the *Newham Mag* to find out how you can sign up for the free places available in the 2015 Great Newham London Run or visit greatrun.org/london

You've got to have faith

Last month, faith based organisations across Newham were invited to come together at the Old Town Hall, Stratford, for the first Connecting Faiths – Building Communities Conference.





The conference was a way of bringing people together to share ideas and find out how the good work they are doing within their own networks can be supported by existing council initiatives

The half-day event heard from Mayor Sir Robin Wales, Cllrs Ken Clark and Joy Laguda MBE and East Ham MP Stephen Timms, who shared their aspirations for the borough and the role faith groups play in making them a reality

The council is pushing power to grassroots levels to empower residents to make the right decisions for themselves, and act as a buddy to help people achieve their aspirations. The gathered group of more than 140 faith representatives met others from their community neighbourhood area to speak about the work they are undertaking

The event included a video demonstrating how community neighbourhoods could benefit individuals and groups to achieve their goals and create a more resilient borough. There were also engaging testimonials from Pastor Jonathan Oloyede, City Chapel, Beckton, Councillor Idris Ibrahim, management committee, Quwwat-ul-Islam (Upton Lane Mosque), and Rev Tim Clapton, Near Neighbours co-ordinator for east London, who spoke about how their faith inspires their community work.

Mayor Sir Robin Wales said: "Faith organisations are full of people who want to make a difference to our society and I want to tap into that well of goodwill and harness it for all of our residents. I hope to link up the thousands of hours of voluntary work that is undertaken by congregations and the wider community with the public services that the council delivers."

The Rt Rev Peter Hill, Bishop of Barking, who also attended said: "It was particularly good to be present at an event that was so positive towards the contribution of faith communities for the common good."

Thoughts from the day

Stephen Timms MP, Chair, All Party Parliamentary Group for Faith and Society
"Faith groups have a tremendous amount to offer, and are vital to making people feel connected into the wider Newham community. I'm delighted that we could come together at the conference to share different experiences, find common ground, and inspire real action in our borough."

Beverley Roberts, head teacher Grangewood School, Forest Gate
"We're an independent Christian school that has been trying to get kids out there to do things in the community. I'd like to find out how we can do more with the people and organisations close to us and build relationships that help us all."

Shegufta Nesreen, Skills Rethink
"Without language you can't be part of a community. We started with ESoL (English for Speakers of other Languages) classes in schools. When the first group ended they became volunteers and we set up more classes. Now we have classes in libraries too."

Abdul Wedood Khen, Ahemdiyya Muslim Association Newham, Baitul Ahed Mosque
"We don't just have religious activities, we have lots of groups for our worshipers. We also do things like community clean ups. We believe that humanity is first and then religion comes next. We regularly have blood donation sessions in the mosque to encourage the community to come and give blood."

Ways Newham Council is supporting you to build our community

Workplace – helping people into work and training
Newham's Every Child programme – providing more opportunities for our youngest residents via literacy, music, sports, theatre and free school meals
Events – boroughwide and local opportunities for people to come together
Private Rented Property Licensing – driving up standards of accommodation in the rented sector
Providing more housing – for social rent and homeownership
Tackling bookmakers – campaigning to reduce the stakes of fixed odds betting terminals
Tackling payday lenders – offering affordable loans to those most in need via Newham Moneyworks
Priority on the council's housing waiting list – prioritising people in work
Learning English for free – giving everyone a chance to learn English
Community Neighbourhoods – creating social hubs and opportunities for the community

Find out more by visiting www.newham.gov.uk/communityneighbourhoods

LIGHTBULB MOMENTS

Newham sparkled under a thousand lights as we started the official countdown to Christmas with lights switch ons.

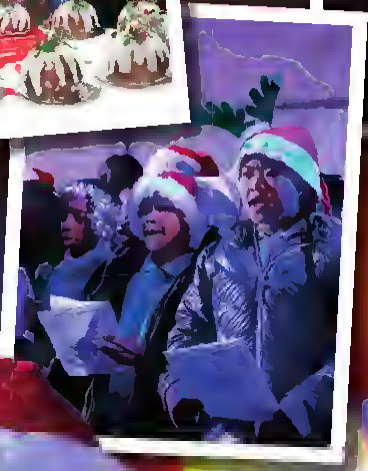
Residents of all ages came together to enjoy free festive fun and games in Stratford and East Ham.

Mayor Sir Robin Wales was joined in Meridian Square, E15, by Aunty Giselle, panto dame in Theatre Royal Stratford East's production of Beauty and the Beast, to switch on lights on the Christmas tree, sponsored by Westfield. Schoolchildren from Newham's Every Child a Musician (ECaM) programme's Stars Orchestra created a festive feel with traditional carols. Celebrations continued at the Old Town Hall Stratford where shoppers flocked for free food and drink and Christmas-themed entertainment, arts and crafts.

Dozens of schoolchildren carrying lanterns heralded the switching on of the Christmas lights in East Ham. The procession made up of children from Vicarage, Hartley and Nelson primary schools, made its way from Newham Town Hall to Pilgrims Way, off High Street North, where Mayor Sir Robin Wales switched on the Christmas lights.

More than 400 residents attended the festivities enjoying the free family activities on offer. Entertainment was provided by the Young 'N' Gifted Choir and Nelson Primary School Choir. East Ham Market Hall hosted a seasonal version of Punch and Judy. There was also free face painting and children had the chance to meet Father Christmas in his grotto.

Left: Rocking around the Christmas tree with festive Zumba at Old Town Hall Stratford, Little ECaM helpers give Sir Robin a push in the right direction as he switches on the lights in Meridian Square, Surprises in store for good little girls and boys as Santa makes an appearance in Stratford



Top l-r: The icing on the cake: kids gather for East Ham's lantern parade; Let it snow: Revellers at Old Town Hall Stratford are treated to seasonal delight; Middle l-r: Raising the roof in Meridian Square East Ham shines under the lights; Bottom: A helping hand at the East Ham switch on; Hands up if you're having a good time Performers at Old Town Hall

Newham London

Are you a landlord, property developer or managing agent looking to let a property?

No commission, no fees, no hassle.

Newham Council URGENTLY requires properties and wants to work in partnership with local landlords and managing agents to rent their properties

The council can offer:

- Up to £2,000 non-refundable cash incentive payment
- £200 non-refundable cash payment to hold a property
- Deposit bond to the value of six weeks' rent
- Deposit and rent in advance

Working with the council means:

- Ongoing landlord support and advice
- Support to maintain the tenancy
- Direct rent payments
- Local housing allowance (LHA) rates paid

If you have any properties or would like to find out more about our Private Rented Sector Scheme, contact the Housing Supply team now

Telephone: 020 3373 1149
Email: PRSsupply@newham.gov.uk

Newham London

NewShare

Want to buy your own home in Newham? Can't afford a large deposit or the cost of buying on the open market? Newham Council's shared equity scheme, NewShare, could help you.

For more information and advice on buying a home using shared equity visit www.newham.gov.uk/NewShare

in partnership with

Bairstow Eves

No hiccups this party season

As the festive season begins, the London Ambulance Service is encouraging you to eat, drink, be merry and safe – and don't end up in A&E. A bit of planning can ensure you have a safer and better night out.

Getting home

We all know how we're getting to our Christmas and New Year parties but how often do you know how you're getting home? Before you go out, think about where the nearest transport link is and always check the time of last buses or trains. Visit **www.tfl.gov.uk** for details. If all else fails, make sure you have the number of a reputable taxi company in your area saved in your phone. Book in advance where possible, you could even arrange to share the fare with a friends who live closeby. Contact Cabwise for a list of licensed cab numbers. Text HOME to 60835.

Everyone indulges in a little excess over Xmas but if you think you might have a problem with the amount of alcohol you're drinking speak to your GP or call Newham's CRI 24-hour drug and alcohol freephone helpline on 0800 652 3879

Alcohol – the sobering facts

In 2013/14 the London Ambulance Service attended **72,535** alcohol related incidents – an increase of 1.13 per cent on the previous year. In December 2013 they attended **6,194** alcohol-related incidents – an increase of 5.2 per cent on the previous year, which includes injuries from people falling over after drinking. The age group who made the most alcohol-related calls to the London Ambulance Service were 25 to 29-year-olds.

Tips to make you less tipsy

> **Try pacing and spacing. Having a soft drink or some water between alcoholic drinks slows the rate of your drinking.**

> **Stick to safer drinking levels. For women the guidelines are no more than two to three units a day, for men it's three to four units a day.**

> **Check how much you are drinking. The NHS Change4Life tracker will help you keep track of how much you are drinking and spending. Visit www.nhs.uk/change4life for details.**

In loving memory

Last month, Remembrance Sunday and Armistice Day was marked in Newham with tributes to those who lost their lives in the two World Wars and conflicts since.

Around 1,200 people gathered at the Cenotaph in East Ham's Central Park following a parade from Newham Town Hall along High Street South by veterans representatives of the uniformed services and civic leaders

A service of remembrance was conducted by East Ham Royal British Legion padre, the Rev Fred Ashford-Okai. Those laying wreaths included Mayor Sir Robin Wales, Newham Council chief executive Kim Bromley-Derry, Newham Police Borough Commander Tony Nash, Major Larry Davis from 7 Rifles G Company, based in West Ham, president of East Ham Royal British Legion, Allan White and East Ham MP Stephen Timms Sir Robin also laid a wreath on the pitch at West Ham United's Boleyn Ground with Hammers joint chairman David Gold, ahead of the game against Aston Villa, which took place the day before Remembrance Sunday.

Sir Robin said: "We must continue to commemorate the contribution of all those service men and women and civilians who have given their lives in two World Wars and in more recent conflicts in Iraq and Afghanistan and around the world.

"Remembrance Sunday allows us to reflect on those who put their lives at risk to fight for their country's causes and died for the freedom of others. We must never forget what they have done for us."

The service at All Saints West Ham Parish Church, Church Street, West Ham, was conducted by the Rev Stennett Kirby. Among the wreath layers was chair of Newham Council, Councillor Joy Laguda and West Ham MP Lyn Brown.

Deputy mayor, Councillor Lester Hudson attended a service at St Mark's Memorial in the grounds of Brick Lane Music Hall, Silvertown. It was preceded by a Royal British Legion parade from nearby Constance Street featuring the Gatwick Caledonian Pipes and Drums. In Canning Town, deputy chair of the council, Councillor Paul Sathianesan laid a wreath at St Luke's Memorial in Tarling Road.

> **"We must never forget what they have done for us."**

The tributes continued on 11 November when Sir Robin joined Newham schoolchildren at 11am for a service at the Cenotaph in Central Park, East Ham, to mark the 96th anniversary of the Armistice.

WWI 100 1914-18

Anti-clockwise from left: Gatwick Caledonian Pipes and Drums parade towards Factory Road, North Woolwich, Sir Robin joins David Gold at Upton Park, Britannia Village Primary School pupils at the service in North Woolwich

L-r from top: Keeping memories of the past alive at North Woolwich Newham Cornwell VC Sea Cadets pay their respects at East Ham, Cllr Lester Hudson lays a wreath at North Woolwich Sir Robin lays a wreath at the East Ham Cenotaph, Newham schoolchildren at the Armistice Day service, Two veterans at the East Ham Remembrance Day service; G Company 7 Rifles march to the West Ham Remembrance Day service

Newham in pictures

1. Playing with the big guns A youngster at the G Company 7 Rifles open evening in West Ham **2.** Out of character Children at Hartley School E6, use their super powers to raise money for Children in Need **3.** A carnival crowd Pupils at Kaizen Primary School Plaistow, gather to receive Newham Carnival medals and an award for their efforts in this summer's event **4.** Sticking to sport Students from Curwen School E13 enjoy Quick Sticks (four-a-side taster hockey) at the inaugural schools festivals at the Lee Valley Hockey and Tennis Centre **5.** Illustration was the Big Draw in Forest Gate Resident Eleanor Pearce hosts her Let's Get the Party Started event at Coffee7

NHS

I didn't know 1 in 4 black men get prostate cancer. Did you?

Prostate cancer often has no obvious symptoms. If you are a black man over 45 and want to discuss your personal risk of prostate cancer, visit your doctor.

BE CLEAR ON CANCER

nhs.uk/prostate

Newham London

Newham One Stop Shop

Confidential advice and support is available at the Newham One Stop Shop

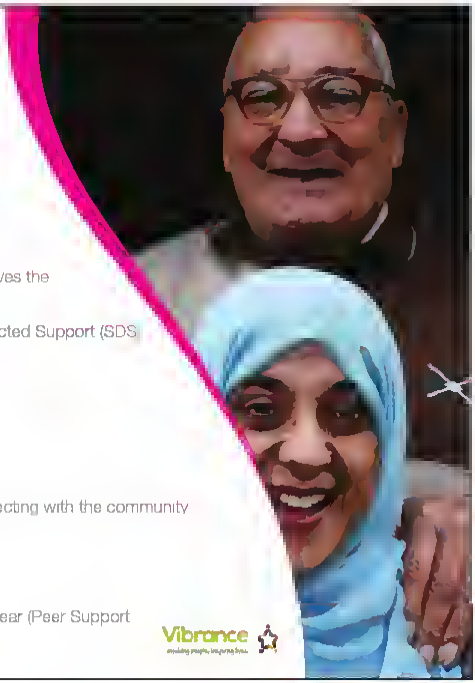
Call the 24hr Support Line

0845 451 2547

2 Central Park Road, E6 3DY
Opening hours: 9am - 6pm Mon - Fri (Thurs 9am - 8pm)

Newham London

Are you a disabled person or carer that can use your experience to support others?



Vibrance provides a range of services to support vulnerable people to lead their lives the way they wish

We are currently looking for people to join our new peer support project Self Directed Support (SDS) Champions to empower disabled and older residents to take control of their lives

What are we looking for from our SDS Champions?

- An approachable and reliable manner
- Empathetic with a good local knowledge of Newham
- Experience of the social care system is preferred

What do we offer?

- Full training in areas such as communication skills support planning and connecting with the community
- On going supervision and potential for paid employment (subject to demand)

We are also looking for volunteers to join us on an informal basis

Get in touch

For more information or to receive details of upcoming events please call Andy Dear (Peer Support Coordinator) on **020 8477 1835** or email **andy.dear@vibrance.org.uk**

Vibrance

Beast in the east

It wouldn't be Christmas without panto at Theatre Royal Stratford East (TRSE). The team has shaken up another classic fairy tale and this year Beauty and the Beast gets the Stratford East treatment. Expect original music, tongue-in-cheek humour and guaranteed laugh-out-loud moments.

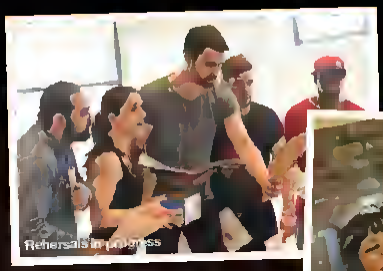
Taking to the stage for her first major role is Helen Aluko, who plays heroine Belle. TRSE is familiar territory for Helen who got her first taste of life on the big stage while performing at the theatre's regular Monologue Slam event. She said: "I've always loved coming here, so when I got this role I was overjoyed. I know how good it feels to be on stage here with a massive audience. I couldn't wait to be in a production and do that again."

Helen is joined by TRSE panto veteran Michael Bertenshaw who this year plays Dame Aunty Giselle.

When he's not treading the boards of Shakespeare's Globe Theatre in the South Bank, Michael feels as equally at home at TRSE. He said: "I've never done panto anywhere else. The theatre is beautiful. The audience is wonderful too; they're very vocal, more than anywhere else. The Globe and Stratford East are very similar. They both have friendly crowds that join in."

TRSE is renowned for its fresh approach to panto, and Beauty and the Beast is no different. Helen explained. "It's not your typical panto that you get everywhere else, the story that you know with a few celebrities. There's lots of music. It's funny and entertaining for children and adults.

"You're not coming to see the Beauty and the Beast you've seen on the DVD or at another show. As you would expect at TRSE, it's different."


Rehersals in progress

Helen and Michael

Win an exclusive night at the theatre

Enjoy a night at the panto, a backstage tour of the set of Beauty and the Beast, interval ice creams and a programme.

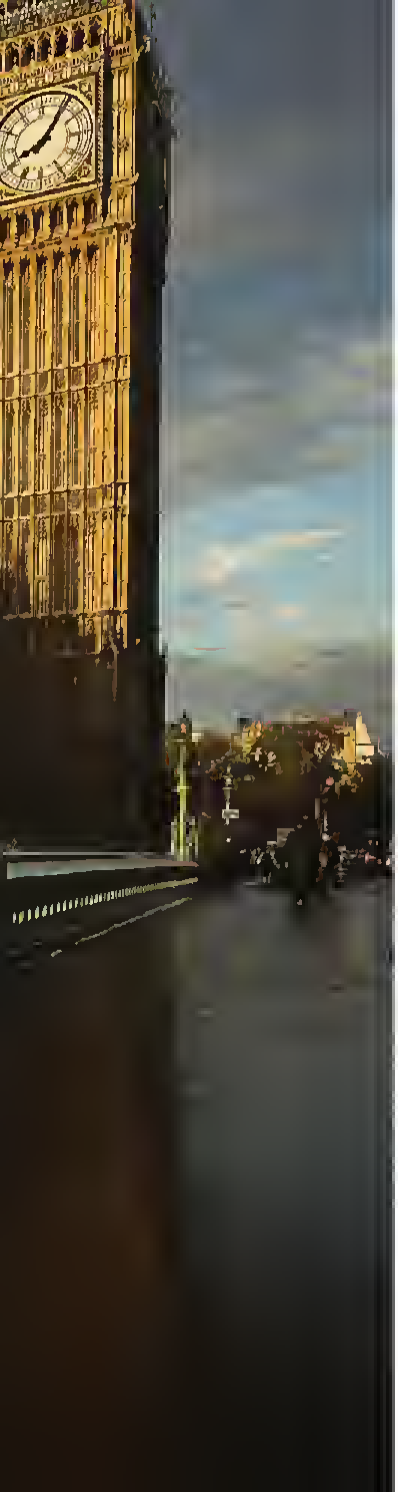
For your chance to win this money-can't-buy experience for up to four people answer this question: **name one other show staged at TRSE this year?**

Tickets are valid for the show on Thursday 8 January at 7pm. To enter email **newham.mag@newham.gov.uk** or write to Newham Mag, 1000 Dockside Road, London, E16 2QU, before 19 December.

Beauty and the Beast runs until 17 January. To book call 020 8534 0310.

Commons people

In the past decade, school dinners have changed a lot. Gone are the days of turkey twizzlers, concrete chips and soggy semolina. And that's thanks to people like Kerry Powell.



Last month, to mark National School Meals Week, mum Kerry from Plaistow, headed to the country's political heartland to lend a hand in kitchens at the Houses of Parliament to prove that school cooks are as qualified and capable as chefs you would find in any commercial kitchen.

After Kerry left school she began working in catering and went to college to qualify to become a chef. Her experience ranges from the plush surroundings of Champneys to the dizzy heights of Canary Wharf. She has formally tickled the palette of singer Belinda Carlisle, actor Ralph Fiennes and nature loving TV presenter Billy Oddie, who used to frequent a brassere she worked at in Hampstead Heath. These days she supports new cooks to provide a first-class dining service for schoolchildren.

Five years after the birth of her son, Kerry decided to go back to work. "I wanted something that would work around me having a child. I wrote to Newham Council saying I was a cook looking for work. I was called for an interview and that was that."

Newham's school kitchens and dining rooms have changed in the eight years that Kerry has been in the job, but not as much as the food on offer. "The standard of food is a lot, lot better. When I first started we were doing sausage rolls and more convenient food. Then Jamie Oliver started his campaign to improve school meals and it all changed. The children were used to having convenient food where as this was more homemade and a lot more fresh."

Gone are processed foods and chips with everything. In their place is fresh salads, seasonal veg and pasta. "We serve wraps and we use produce like sweet potatoes and butternut squash. We do tacos, quesadillas, jerk chicken and plantain. It's not bog standard, you've got a nice variety."

By far, the biggest change has been the number of children who are entitled to a free school meal. Last year, almost five-million free school meals were served across Newham's 66 primary schools. In 2009 Newham Council broke new ground with their announcement that every child enrolled in a Newham primary school would be entitled to a free school meal. Today, almost all primary schoolchildren tuck in to a hearty, healthy lunch, and parents continue to save money.

While all commercial kitchens operate in similar ways, Kerry's experience at the Houses of Parliament had marked differences. "It's a totally different set up. In school you have a large number of diners coming through in one go. We have one kitchen and they can have two or three to prepare different dishes.

"I think what we do in schools is quite nice. We present the food so it looks appealing. Some schools also try to make the children have a more grown up dining experience, with bread and cutlery on the tables for older kids."

> **Last year, almost five-million free school meals were served across Newham's 66 primary schools**

Parents might find it difficult to emulate the work of a team of cooks in their own homes, and the temptation of a convenient takeaway food can seem like an easier option. Kerry suggests: "When we do a burger it comes with salad, not necessary with chips. It's about teaching them what to eat, the right types of food.

'It is hard. I have a teenage son. The chicken and chip shops are there, right next to the schools, so it's tempting, but keep takeaways as a treat."

Kerry has traditional taste buds, citing stews and roast dinners as her favourite meals. After spending most of the day in a school kitchen she looks forward to going home. When asked what she's doing later that evening the answer comes as no surprise: "I'm going to cook dinner for my family."

Newham London

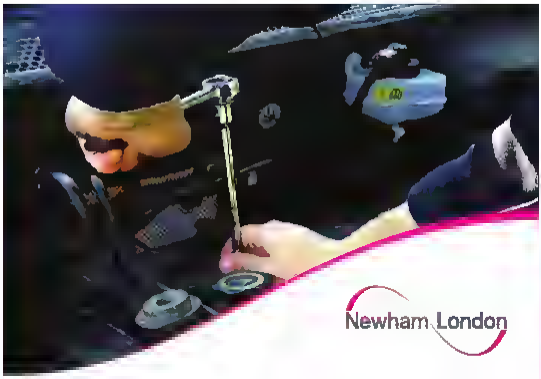
FreedomPass
RENEWAL 2015

Are You a Freedom Pass Holder?
Newham Council is taking part in a London-wide scheme to renew all **disabled person's** freedom passes which expire on 31 March 2015

Between September 2014 and January 2015 we will contact you with details of how to renew your freedom pass so it is ready for April 2015. You do **not** need to contact us

If you have an older person's freedom pass that expires on 31 March 2015, visit www.newham.gov.uk/freedompass or call 0300 330 1433 for more information on how to renew your pass.

LONDON COUNCILS



Newham London

Newham Council's Fleetcare

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Class 4 – Car – currently £40
(Including FREE winter health check when booked online)

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Or contact us on 020 8472 0343

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MATHS - ENGLISH - SCIENCE www.knowledge-box.com

Queens Market
New traders wanted!

We have a limited number of vacant pitches currently at Queens Market and other markets in Newham

We are looking for:

- Books
- Clothing
- Men's fashion
- Quality hot food
- Gifts and ornaments
- Cosmetics and accessories

Saturday per week.

Queens
and it's only

Helping you adapt to changing times

Retired maternity nurse Jane Owen has spent her lifetime looking after others and making sure that they are safe. Now in her 80s, and an insulin-controlled diabetic, Mrs Owen needed someone to help her stay independent, so Newham Council stepped in.

Getting older meant that managing in the bathroom became more difficult for Mrs Owen, and a worry to her family. "It did make me miserable," she confessed "Not being able to keep clean even began to affect my appetite and confidence as I was afraid of falling."

Mrs Owen contacted the council's adult social care team about the difficulties she faced completing everyday tasks. An occupational therapist (OT) visited her to see how the council could help. After an assessment, they both agreed that a wet room in place of a bath would allow her to continue living independently.

Following a financial assessment, Mrs Owen was eligible for a Disabled Facilities Grant to help her pay for the building works, which the council arranged on her behalf.

The adaptation has made a world of difference to Mrs Owen, and her family feel happier knowing that she is able to have a shower safely and independently.

Do you need help at home?

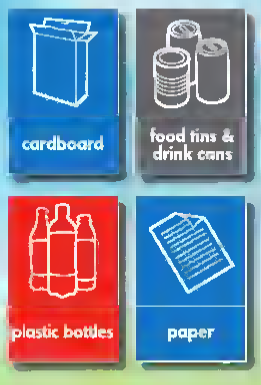
If you are having difficulty managing everyday tasks such as getting in and out of your bath safely, speak to an advisor at Newham Council on 020 8430 2000 (select option 2). You may also be eligible for a Disabled Facilities Grant to help towards the cost of adaptation works. Visit **www.newham.gov.uk/adultsocialcare** for more information.

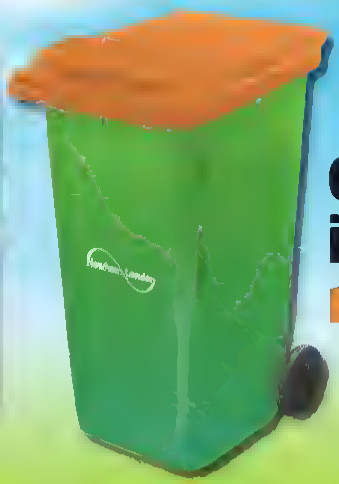
Would you like to be an OT?

Newham Council is encouraging people to consider a career in OT.

To find out more visit the website of the College of Occupational Therapy at **www.cot.co.uk** or call Sarah Forshaw on **020 3373 6265**.

Newham London





Only put these items in your recycling bin

Please put all general waste in your rubbish bin.
www.newham.gov.uk/recycling

recycle for Newham

Play your part for a Cleaner, Greener Newham

Newham London

Christmas and New Year revised refuse and recycling collection times

Collection day	Revised collection day
Monday 22 December	Saturday 20 December
Tuesday 23 December	Monday 22 December
Wednesday 24 December	Tuesday 23 December
Thursday 25 December	Wednesday 24 December
Friday 26 December	Monday 29 December
Monday 29 December	Tuesday 30 December
Tuesday 30 December	Wednesday 31 December
Wednesday 31 December	Friday 2 January
Thursday 1 January	Saturday 3 January
Friday 2 January	Monday 5 January
Monday 5 January	Tuesday 6 January
Tuesday 6 January	Wednesday 7 January
Wednesday 7 January	Thursday 8 January
Thursday 8 January	Friday 9 January

Most recycling collections ore now fortnightly.

Household waste remoins a weekly collection.

Residents should visit **my.newham.gov.uk** for their collection colendor.

recycle

Visit **www.newham.gov.uk/myneighbourhood**

A step in the right direction

At 91 most people would start to take things a little easier but not Stanley Silburn. The Newham Striders walk leader from East Ham is enjoying a pace of life that he's encouraging everyone to adopt.

Every Monday, come rain or shine, at 2pm Stanley waits beside the Cenotaph in East Ham's Central Park and one by one, walkers join him for a brisk or leisurely stroll through the Green Flag award-winning park.

Stanley's love of walking began when he was just a boy. He said: "My grandma lived on the doorstep of Wanstead Flats so the flats and the Bushwood area of Leytonstone became my back garden."

Stanley's walking changed to a quick march when he like thousands of others signed up for service in the Second World War. A vehicle mechanic stationed in Italy, from the depths of destruction came love. While sharing a room with a newly married comrade, whose wife was in the Army Territorial Service, he was introduced to a woman from Stratford. After becoming accidental pen pals they later married.

After the war, there weren't many cars around so people used push bikes or walked everywhere, and Stanley and wife Margaret were no different. "We had some friends on Wanstead Flats and we used to walk from East Ham down Katherine Road and to the flats to visit them."

After 53 years together, Stanley's wife passed away after a long illness. Stanley returned to walking as a way of easing his loss. "Margaret was in a wheelchair for 12 years but she had a power chair and used to walk me off my feet! When she died in 1999 I wanted something to do again and I found the Newham Striders." Stanley now leads two walks a week, including one in his childhood stomping ground of Wanstead Flats.

Walk this way

Stanley and the Striders are holding an information evening on Thursday 15 January from 6-7.30pm at East Ham Library, Barking Road. Find out more about the walking group, enjoy light refreshments and inspirational poetry. See details of all health walks on page 36.

Group have recipe for success

A community group in Canning Town have shown an appetite for success by publishing a cook book with all their favourite recipes

Deputy mayor Councillor Lester Hudson and Councillor Bryan Collier visited the Our Community Cares organisation to launch their Food with a Story book. They cut a special cake designed to look like the book's front cover

Our Community Cares offers support services for vulnerable women A group of them from different nationalities got together to cook their favourite foods whilst networking and sharing stories

Said Cllr Hudson "This is a great way of raising funds as well as getting people together to cook, learn a new recipe, make new friends and get support where needed "

The book is available for a minimum donation of £5 by calling 020 7511 3444 or emailing **occllve68@yahoo.co.uk**

NASSA coach scoops national award

Chris collects his award from HRH Princess Anne

Newham All Stars Sports Academy's (NASSA) head coach Chris Facey has been named as the Community Coach of the Year at the UK Coaching Awards 2014

Chris received his trophy from HRH Princess Anne, The Princess Royal, in front of the UK's leading sports coaches at the City Chambers in Glasgow

The UK Coaching Awards are the country's most prestigious coaching awards and Chris, whose first name is actually Kelvin although he is universally known as Coach Chris, was both shocked and humbled to be recognised by his peers, "I didn't think I was anywhere close to winning the award," he said

Chris volunteers for the NASSA club programme – up to 30 hours per week. His accomplishments include leading the NASSA under-13s basketball side to its third successive national title in 2014

Turn to page 38 for details of all NASSA sessions.

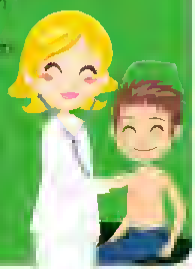
Are you worried about your child's health?

Newham fa[illegible] children a[illegible] being offered [illegible] support this wi[illegible] concerned about [illegible] child's heal[illegible]

Parents can c[illegible]72 140 892 if about their youngster. The phone line [illegible] 9-10pm on weekdays and 8am-8pm [illegible] weekends

Every Saturday from 10am-12noon parents can drop in to a new advice [illegible] at the Canberra Centre, 1 [illegible]gbury Close, East Ham, E6

The clinic can give parents advice [illegible] issues that can be managed at [illegible] reducing their anxiety and avoiding the need to go A&E or [illegible]



Win tickets to Discover

Cuddle up and enjoy a performance of One Snowy Night, by Nick Butterworth, at the Discover Children's Story Centre in High Street, Stratford.

We have two family tickets for the show, which is suitable for children aged three to six years. Tickets also give you free entry to their interactive exhibition, Once There Was... The Wonderful World of Oliver Jeffers.

To be in a chance of winning a family ticket (at least one adult and one child) to the show on Friday 19 December at 3.30pm) answer this question:

Typically, in which season is it most likely to snow?

Email your answer, name, address and telephone number to **Newham.Mag@newham.gov.uk** or write to Newham Mag, 1000 Dockside Road, London, E16 2QU, before 1[illegible] December.

Free Christmas cheer

Meet Santa in his grotto at Queens Market, Green Street, E13, on Saturday 20, Monday 22 and Tuesday 23 December, from 11am-3pm.

Shoppers will also be treated to live music and face painting on Saturday 20 from 12noon-2pm.

For more details email **Street.Markets@newham.gov.uk** or call 020 8475 8971.

Don't forget to enjoy free parking at some car parks across Newham from Monday 22 to Wednesday 24 December. Turn to page 5 for details

Enjoy a superhero Christmas

Play Sow Grow Community Centre is hosting a superhero themed Christmas party, supported by a Newham Council Let's Get the Party Started grant.

Kick off the party season with superhero themed activities and food and refreshments including homemade mince pies, festive treats and a cup of mulled punch on arrival.

Come along dressed as your favourite superhero or create your own superhero. Enjoy the activities on offer or sit back and relax to the festive Christmas and superhero themed music.

The event will be held on Friday 12 December at Play Sow Grow Community Centre, 6 Gay Road, Stratford, E15.

Tickets for adults cost £1, children go free. Children must be accompanied by an adult.

Call 07931 239 073 or email **adampastryguy@hotmail.com**.

To find if you can get funding for your community event visit **www.newham.gov.uk/grants**

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.

GALLERY

Abdul-Rahman Khan, 7

Lily Pass

Yasmina Andreea Luca, 8

Anonymous

Free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.

Stratford Picturehouse, Gerry Raffles Square, E15

Colour-me-in Crossword

Across

1. Young dogs (7)
4. Tenth month of the year (7)
6. Untruth (3)
7. Opposite of high (3)
8. Place where an artist paints (6)
10. Distress signal (3)
11. They are used to make an omelette (4)
12. Volcano in Sicily (4)
13. One of Santa's reindeer (7)

Down

1. Dog with a curly coat that is usually clipped (6)
2. People being looked after in hospital (8)
3. Thin, hollow drinking-tube (5)
5. Dog with a large head and a protruding jaw (7)
8. Quieter and more gentle (6)
9. RE-arrange ESTORY to find a sea creature (6)
11. Make money (4)

Poem

The War to End All Wars

Any soldier who fought the war will know that it's not fun,
The horror in their faces when they're pointed at with a gun.
When someone pulls the trigger everybody knows that there was no chance for him,
as his new life was taken by foes.
Nobody enjoyed this, I'm positively sure,
if somebody thinks yes, I believe their heart is broken and sore.

After the raging sorrowful war, the ground became muddy and floppy,
Yet there was a flower that could grow there and it is known as a poppy.
Today there are memorials that stand in remembrance of all the fighting and gore,
And whenever you see someone or even yourself at a memorial, you must remember,
"Lest we forget those who fought the first World War."

Jude Irudayaraj, 9

Winner

TURN TO PAGE 38 FOR VENUE DETAILS

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1. **Christmas Community Event** – Sat 13 Dec 1-5pm, Little Ilford Baptist Church Sheringham Ave, Manor Park, E12 Activities including arts and crafts and pass the parcel

2. **Grassroots Christmas Celebration** – Weds 17 Dec 10am-6 30pm, Grassroots Children's Centre Memorial Ave E15 Meet Santa enjoy festive food and activities

3. **Active Minds Café** – Tues 9 Dec 10-11 30am, Beckton Globe Library Kingsford Wy, E6 Discover local mental health support services Includes head and hand massages, ping pong, henna, talking therapies and free smoothie tasters Call 020 3373 1804

MENTION THE MAG...

Discover the delights of Woodgrange Market and get ten or 15 per cent off selected items The market on Sebert Road E7, has become a magnet for shoppers looking for organic produce artisan foods and unique gifts including crafts and ceramics

The market is open on Saturdays from 10am 4pm

On Saturday 13 and 20 December get 15 per cent off collectibles from Steve of Anagrams Antiques, or ten per cent off Abstract Angels' new range of stained glass stars when you show this copy of the *Mag*.

Discover more by visiting **www.woodgrange.org.uk/market**

TRY SOMETHING NEW...

FAMILY FITNESS

Get fit with your family at a range of new sessions being delivered by activeNewham, the council's leisure trust.

The new community sports programme is for young people aged over 14 and their families and is being delivered in partnership with Newham Sixth Form College Newham College of Further Education and West Ham United Community Sports Trust

Weekly sessions cost £1 and include athletics badminton, Zumba pilates and tennis There are also female only sessions and activities

To find out more call 0300 124 0123 or visit **www.activenewham.org.uk/every-family-active**

Indicates free sessions

UNDER-FIVES

Music and Rhyme
Tues, 10 30 11 15am, Custom House

Rhyma Tima
Thurs 1 30-2 15pm Custom House

Storytelling
Mon 11am 12noon Tues 10-11am, Beckton Globe, Mon 10 30 11 15am Custom House Tues 10 30-11 30am Canning Town, Tues 11am 12noon The Gate Tues 10 30 11 30am, Thurs, 9 45-10 45am, East Ham, Sat, 11am 12noon Green St, Fri, 11am-12noon, Manor Park; Thurs 2 3pm North Woolwich Thurs, 2 3pm, Plaistow, Tues and Fri 11am 12noon Stratford

Stay and Play
Support for parents and carers to develop their child through play Term time Weds and Sat 11am 1pm, Stratford, Thurs, Jack Cornwell C C

Music and Movement
Sessions for parents/carers and children to get active with dancing and musical instruments Mon 10 11am Grassroots

YOUNG PEOPLE

Board Games Club (7-13yrs)
Play chess, Checkers Ludo, Pictionary and more Term time Thurs 4 6pm Green Street and Custom House Thurs, 4 30-6pm, North Woolwich, Tues and Fri, 4-5pm Stratford (term time)

Homework Club (7-14yrs)
Free study support. Term time Fri, 4 5pm, Beckton and Canning Town, Fri 3.30-5 30pm Thurs 4-6pm Plaistow Fri, 4 5 30pm, East Ham, Sat, 2 3 30pm Green St Weds, 3 30-5 15pm Manor Park; Mon 3 30-4 30pm North

Woolwich Mon 4 6pm Stratford, Sat 10am-12noon, The Gate

Games Club (7-16yrs)
Sony PS3 XBox360, Nintendo Wii, board games and more Tues, 3 30-5 15pm, Custom House, Thurs 4 6pm, Canning Town Wed 3 30-5pm, Forest Gate, Thurs, 5 30-7 30pm, Plaistow

Young Police Cadets (10-12yrs)
Thurs, 4 15-5 45pm Upton C C

Froud Young Project (7-16yrs)
Activities for young people Mon, 3 30-5 30pm Jack Cornwell C C

Children's Movie Club
Booking essential Thurs, 4 6pm, 7 12yrs The Gate
Tues 3 30-5 30pm, 0-13yrs, (under 8s must be accompanied by an adult) Green St

Arts and Craft Workshop (5+yrs)
Fri 3 30 5pm Green St
Sat, 2 3pm, Custom House and Canning Town

Puzzles, Quizzes & Colour
Mon 3 30 5pm, Green St

Young Readere Club (7-12yrs)
Read and discuss your favourite books Tues, 4-5 15pm North Woolwich, Sat 10 30am 12noon, Manor Park

Children with Cancer Onesie Party
Fundraiser for children with cancer Face painting, craft sessions and henna.
Sat 6 Dec, 2 30 4 30pm, Canning Town £1

Winter Reading Challenge
Collect stickers and win prizes
Everyday from 12 19 Dec, Green St

Decerate Your Library
Create a magical winter wonderland Every Sat, 3 30-5pm Green St

ACTIVITIES AND SUPPORT

Time-2-Craft (19+yrs)
Sat 10am 12noon Stratford

Adult Reading Group
Sat 6 Dec 10-11 30am Green St Mon 8 Dec, 6 30-7 30pm This Boy by Alan Johnson
Stratford Thurs 18 Dec, 6-7pm, East Ham (call for details)

Family Reading Group (3+yrs)
Discuss your favourite books and discover new writers
Families with children ages 3yrs+ Sat 6 Dec East Ham

Chess Club
Mon, 5 30-7 30pm, East Ham
Weds 3 30 5pm Green St
Thurs 5 30-7 30pm, Stratford

Coffee Mornings
Tues, 10-11 30am, Beckton, Thurs, 10-11 30am Canning Town Tues, 11am-12 30pm, Custom House Tues 9 Dec 10 30am-12noon Manor Park; Wed 17 Dec, 10 30am-12noon, Green St; Wed 10 Dec 10 30am 12noon Stratford Wed 17 Dec, 10am-12noon, East Ham Thurs 10-11 30am North Woolwich

Do It Online (18+yrs)
Free six or eight-week basic computer training. Advance booking required, contact library directly. Tues 10am-12noon, The Gate Tues, 10am-12noon, East Ham Tues 10am-12noon and 2-4pm, Plaistow Mon, 10am-12noon, Manor Park; Weds, 2-4pm Stratford, Thurs, 10am-12noon Green St; Thurs 10am-12noon Katherine Rd C C

Knit & Natter (16+yrs)
Weds, 10am-12noon Beckton
Fri 10 30-11 30am Canning Town
Fri, 10am-12noon, East Ham
Tues, 10 30am 12 30pm Manor Park
Weds 10 30am-12 30pm, Green St

SNT Drop-In
Come and meet your Police Safer Neighbourhoods Team (SNT)
Fri 12noon-1pm, Stratford
Fri 5 and 12 Dec, 10 30am 12noon Sat 13 Dec, 2 4pm, Wed 17 Dec, 10 30am 12noon Green St

ICT Surgery
IT advice for all ages
Mon 10am 12noon and 2 3pm Plaistow Wed, 10 30am-12noon, Stratford, Fri 2 4pm Canning Town

Stratford London Toastmasters
Public speaking and leadership club 1st and 3rd Monday of month, 6-8pm, Stratford
Fee applies Call 020 3373 0826

Weekly Get Together
Try new things Weds, 10 30am-12 30pm, Green St
Call 020 3373 0857

Love Newham app drop-in
Learn how to report issues via the app Mon 10 30 11 30am The Gate

Sexual Health Advice
Mon 8 Dec, 11am-2pm The Gate

British Sign Language Social Club
Thurs 18 Dec 5 30-7 30pm The Gate

Grents Surgery
Guidance on Let's Get the Party Started and Go for It grants
Thurs 11 Dec, 4 6pm, Manor Park

Inspire Futures Drop In
Advice on ESOL and citizenship
Thurs, 2 4pm Green St

Learn to Make a Webpage (19+)
Booking essential, contact library Tues and Thurs, 2-4pm, North Woolwich

Community Links Drop In
Debt, housing and benefit advice Call 020 8548 9825 to make an appointment.
Thurs 11 Dec, 3 30-5 30pm, Katherine Road C C

ESOL
Improve your English language Mon and Weds, 12 30pm Call 020 8522 5772 to enroll. Katherine Road C C, Tues, 9 30-12noon Fri 9 30 12 30pm Jack Cornwell C C
ESOL citizenship and Life in the UK preparation class
Tues, 2 5pm Manor Park

ICT Drop-In Session
Set up a My Newham profile and create an email account
Fri 10am 12noon, The Gate
Fri, 10am 12noon, Green St

Bingo Night (16+yrs)
Thurs, 5 7pm Green St

Creative Writing Workshop
Email spatial.creative@gmail com or call 020 7366 6343
Wed 10 Dec, 3-4 30pm, Canning Town

Big Ideas
Visit www.bbk.ac.uk/tryit to book your place Mon 8 Dec, 6 15 7 45pm Stratford

Community Holiday Celebretion
Celebrating the holiday season Sun 14 Dec, 3-7pm, Beckton C C

Pop-up Poetry Café
Mon 15 Dec 7-9pm The Hub

Active Minds Café Roadshow
Call 020 3373 1804 or email chsocialcare@newham gov uk for details Tues 9 Dec, 10-11 30am, Beckton

Mad Hatter's Tea Party
Activities and film screening
Sat 13 Dec, 10am-5 30pm Green St

Together! Disability Film Festival
Fri 5 Dec 6-8pm Sat 6 Dec 12noon-8pm, Sun 7 Dec 12noon 8pm Old Town Hall Broadway E15

Together! LGBT Tea Party with Regard
Sun 14 Dec 3 5pm Vicarage Lane C C

Christmas Extravaganza
Wed 10 Dec, 3 30-6pm Jack Cornwell C C, Wed 17 Dec 10am 6 30pm Grassroots

Exhibitions
'A new home in Canning Town', NDP exhibition until 12 Dec, Canning Town, Solo exhibition by Cadoux Kadima, until 15 Jan, The Hub, Solo exhibition by Ian

Farrant, until 15 Jan, Grassroots Solo exhibition by Georgy Laburin, until 31 Jan Beckton, Open exhibition by local disabled artists until 31 January, Old Town Hall Stratford

COMMUNITY ACTIVITIES

Bumps and Babies (up to 1yr)
A free home based meet up every Wed 1-3pm for expectant parents and those with babies. Email newhamnct@hotmail.com

Meet and Greet
Mums, Bumps and Babies Fri in various cafes around Newham Visit www.netmums.com or email jojostevie@live.com

Royal Docks Learning & Activity Centre
Mon, Needlecraft 10am-12noon, £2
Tues, Healthy Cooking, 12noon 1.30pm £2
Parent and Toddler Group, 10am 12noon, £1
Bingo 10am-12noon £1
Wed, Keep Fit, 10-11am, £2
Employment 1-2-1 support by appointment
Job Club 10am-2pm
Thurs, Tai Chi £2 first session free 10.30am 12noon
Line Dancing, £1, first session free, 1-3pm
Royal Docks Learning & Activity Centre, Albert Rd, E16 Call 020 7476 9922 Visit www.rdlac.org.uk

Junior Volunteer Police Cadets (10-12 yrs, term time)
Wed 3.30-5pm Little Ilford School Browning Rd, E12, £1
Thurs, 4.15-5.45pm Upton C.C, Claude Rd E13 £1 Call 07500 881 378

Senior Volunteer Police Cedets (13-17 yrs)
Wed, 6.30-9pm, Little Ilford School, Browning Rd, E12 £2.50 Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16 £2.50 Call 07500 881 378

BOXING AND SELF DEFENCE

Boxing (Newham College)
Mon, 5-6pm East Ham College High St South E6

Fight For Peece Boxing
Mon to Fri 4-5pm 10-14yrs
Mon to Fri, 5-9pm 14+yrs
Woodman St, North Woolwich E16 Call 020 7474 0054

Punch Out (16+yrs)
Fri, 4-5pm Katherine Rd C.C 254 Katherine Rd, E7

Intense Fitness (14+)
Workouts boxing and wrestling Fri, 8.30-10pm £5 The Hartley Centre E6 Call 07878 253 642

Shoujin Kerete
Wed (term time) 4.30-5.30pm, Fri 6-7pm and 7.8.30pm Sun 10-11am Under 15yrs £4 18+yrs £6 concs £5 Newham Leisure Centre, E13 Call 07508 070 638

Docklends Shoujin Kerate
Mon and Wed juniors and beginners 7-8pm, all other grades 8-9pm First session free, under-15yrs £4 16+ £6, concs £5 UEL SportsDock, call 07766 685 869
Competition training juniors (8-14yrs), Tues and Thurs 6.30-8pm, seniors (15+ yrs), Tues and Thurs 8-9.30pm
Beginners juniors (8-14yrs) Wed, 6.30-7.45pm seniors (15+ yrs), Wed, 7.45-9.15pm From £2-£5 per class Carpenters Docklands Centre, 98 Gibbins Rd, E15 Call 07985 601 260 www.stratfordjudo.com

West Ham Boys ABC
Mon, Wed, Fri, mixed (8-16yrs), 5-6pm Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd E13. Call 020 8472 3614

HEALTH AND FITNESS

Athlefit
All ages and ability Mon 11-12noon (women only) Weds 11-12noon (mixed) Jack Cornwell C.C

Bootcamp and Circuits with Al
Mon, 6.30-7.30pm Chandos East Community Hub E15 £4 Call 07956 944 252

Jenice's Fitness
Mon, 7.15-7.45pm, flatter abs, £3, The Hartley Centre, E6 Call 07818 000 643

Twisted Pink Street Dance
7-11yrs Thurs 6-7pm St Luke's Church, Tarling Rd E16
12+yrs, Fri 6-7pm, Maryland Studioz, 84 Leytonstone Rd, E15
£3 Call 07961 544 017 visit www.twistedpink.org.uk

Zumba fitness
Wed, 7.15-8pm, £3.50 Vicarage Lane Community Centre, Govier Cl E15 Call 07759 020 955

Zumbe with Jessica
Mon 6.30pm £2.50 Asta Community Hub 14a Camel Rd E16, Sat, 9.30am, circuits £4, Community Resource Centre 200 Chargeable Ln, E13 Call 07884 951 484

Zumba
All ages Registration essential Bring water and a towel Weds 7-8pm £5 Beckton C.C Fri, 9.30-10.30am, £3, Jack Cornwell C.C

50+ ACTIVITIES

Age UK East London
Nordic Walks (18+)
Tues 9.30-10.45am meet at Age UK East London Newham Branch 655 Barking Rd E13
Sun, 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park, E20
For more info call 07989 938 242

Neelth Weiks
Mon 2pm starts by the War Memorial, Central Park E6 Call 07518 750 120
Tues, 10am starts outside Pret a Manger at Stratford Station Call 0844 414 2728
Tues, 1.30pm starts at the corner of Wanstead Flats at the junction of Capel Rd and Woodford Rd Call 0844 414 2728
Wed 10.30am, starts outside Hamfrith Centre McGrath Rd, E15 Call 07870 291 120
Thurs, 1.30pm starts at the corner of Wanstead Flats at the junction of Capel Rd and Woodford Rd Call 07908 744 555
Thurs, 2pm, starts by the War Memorial, Central Park, E6 Call 07518 750 120
Fri 10.30am, starts outside St Mark's Community Centre Tollgate Rd E6. Call 07908 744 555

Newhem Striders
Daily walking group Call 0844 414 2728

Nordic Welking
Wed 9.30am Meet at Lord Lister Health Centre E7 Not suitable for wheelchairs Call 07783 660 429
Fri, 6.30-8pm Meet at Newham Leisure Centre E13
Sun, 10-11.30am Meet at East Ham Leisure Centre, E6

Young et Neert
Bingo Club Mon 12noon-4pm £1 Jeyes C.C

Ballroom Dancing
Mon, 10am-12noon St Paul's Church Centre, Burges Rd E6 £2.50 per session Call 07761 209 463

Tee Dance
Wed 17 Dec 1-3pm St Mark's CC E6 Dancing, chat and refreshments £1.50

Active Centre Bingo (50+yrs)
Thurs 7-9pm, Jack Cornwell C.C

Over 50s club
Thurs 10-12noon, Beckton

GREEN

Green Gym
Wed 10am-1pm meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

Green Volunteering
Tues and Thurs, 10am-2pm
Silvertown Wy, E16 (opp. Hallsville Rd)

Garden Club
Tues 1-3pm Thurs 4-7pm
Sat 10am-4pm, Abbey Gdns
Bakers Row E15

Gardening Thymes
Gardening Club
Fri 11am-1pm, Bowling Green,
Central Park, High St South E6

Grow Together Be Together
Community Gardening Club
Wed, 10am-1pm Sat, 1pm-3pm
Flanders Field Melbourne Rd
entrance, E6 Call 020 8586 7070

DOORSTEP CLUBS

Call 0844 414 2728 unless otherwise stated

Athletics Club (14+)
A multi-sport session focusing on athletics football and the gym
Tues 6-7pm Newham Leisure Centre, E13 Call 07718 394 756

Gym & Basketball (14+yrs)
Tues, 6-10pm, £2, Rokeby School Barking Rd, E16

Stunt & Tumble (14+yrs)
Thurs 7.30-9pm £5
Talent Cheer & Dance Gallions Reach Armada Wy E6
Call 07866 612 610

FEMALE SPORTS

Basketball Sessions
Tues, 4-5pm, Chobham Academy 40 Cheering Ln, E20

Dars2Dance (12-16yrs)
Street dance, Fri, 3.30-5.30pm
Newham Leisure Centre E13

Female Boxfit (14+yrs)
Mon 4.15-5.15pm Balaam Leisure Centre, E13. Call 07970 783 526

Girls Football (11-18yrs)
Tues, 4-5.30pm and Thurs 5-6pm Newham Leisure Centre
Fri 5-7pm Memorial Park E15

Girls Group Cycling (11-15 yrs)
Tues and Thurs, 5-5.30pm,
Newham Leisure Centre E13

Just Play (14+yrs)
Wed 6.30-8pm, multi-sports (term time) Cumberland School E13 Call 0844 414 2728

Abs Blast (11-15yrs)
Thurs, 5.30-6pm, £3.10, Newham Leisure Centre, E13

Athlefit (14-18yrs)
Athletic fitness, Wed 5.30-6.30pm £1 Flanders Community Centre Napier Rd, E6 Call 07718 394 756

Female Only Gym Sessions
Mon, 3-4pm, 16-25yrs
Mon and Wed 7.30-10.30pm
Tues and Thurs, 12noon-1.30pm
Sun 3-5pm. 11-15yrs. £4.65, Newham Leisure Centre, E13

Get Into Netball
Tues 6-7.30pm, juniors, 7.30-9pm seniors £2 Lister Community School E13 Call 07717 281 529

Julie's Mums On The Run
Wed, 10-11.30am, £5, or bring a friend and both pay £4 each
Abbey Lane Park E16
Call 07961 374 772

Keepfit
Wed, 10am £1 Chandos East Centre E15 Call 07950 944 095

Keep Fit – Stay Fit
Sat, 10-11am, £3.50 Jack Cornwell C.C, E12 Call 07795 064 116

Ladies Only Keep Fit
Wed 10am, £1 Chandos East Centre Chandos Rd E15
Thurs 10am £1.50, Rokeby Centre Rokeby St E15

Sheila's Yummy Mummy Buggy (18+yrs)
Mon, 10-11.30am, £5 Central Park, High St South, E6 (meet outside cafe in the park) Fri, 10-11.30am, Plashet Park, Plashet Grv, E6 Call 07908 614 958

Women's Badminton
Fri, 1-2.30pm, East Ham Leisure Centre, E6, £2, equipment provided
Call 07930 162 505

Women United AFC (11+yrs)
Mon (term time), 6-7.15pm, £1, Kingsford School, E6 Call 07792 932 979

Zumba and Tone
Tues 1.15-2.15pm £1
St Bartholomew's Church Hall Barking Rd E6
Call 07944 775 679

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEDPLE

Ability Club (14-25yrs)
Multi sports for disabled young people Wed, 5.30-6.30pm and Fri 4.45-6pm NewVic, E13

Athletics (8-18yrs)
Tues, 4.15-6.15pm, Brampton Manor, Roman Rd E6
Thurs, 4.30-5.55pm,
St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org

Family Swims
Sat, 4.30-5.30pm Newham Otters Swimming Club, Newham Leisure Centre, E13
Call 07931 788 739
Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, £5
Call 020 7476 5274

Get Fit for Frse
Tues, 1.30-3.30pm and Fri 10am-12noon
Free gym use for people with learning disabilities
Newham Leisure Centre E13
To book an induction call 020 7511 4477

Sensory Play (U5yrs)
Fri, (term time)
10-11.30am, Oliver Thomas Children's Centre
Mathews Ave, E6
Email kathy.holdsworth@oliverthomas.newham.sch.uk or call 020 8821 0997

Swim for Families
Dealing with Autism
Wed 4-5pm Balaam Leisure Centre, E13 Call 020 7476 5274

Trampolining Sessions (U19yrs)
Tues, 4.30-5.30pm, U19yrs, Newham Leisure Centre, E13
Call 020 7511 4477

Support In Action (18+yrs)
Indoor and outdoor activities advice and support. Thurs 12-3pm, Upton C.C

RUNNING

Beckton Park Run
Sat, 9am Beckton Park South E16 Call 07718 394 756
www.parkrun.org/beckton

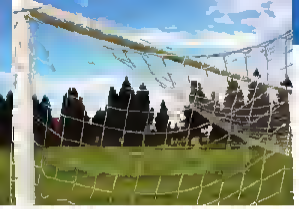
East End Road Runners
Tues and Thurs, 7pm
Sun 9am. Meet on the track. Coached sessions for all abilities Newham Leisure Centre, E13 Call 07979 261 647

Run England
£2 unless stated.
Sun, 10am-12noon, Newham Leisure Centre, E13, (meet on track).
Mon, 4-5.30pm, Newham Leisure Centre E13 (meet on track)
Mon, 5.45-6.45pm Newham Dockside, E16 (meet at reception).
Wed 12noon-1pm, Newham Dockside E16 (meet at reception)
Thurs 5.15-6.15pm UEL Docklands Campus, E16 (meet at reception)
Sat 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion)
Sat 10-11.30am, Memorial Park E15, £4 (meet at car park) Call 07718 394 874

SPORTS

Athletics
Newham and Essex Beagles Athletics Club Mon and Wed, 6-9pm Foundation Groups (8-10 yrs), Mon, 7-8pm and Wed, 6-7pm £5 Terence McMillan Stadium, Newham Leisure Centre, E13. For further details visit www.newhamandessexbeagles.co.uk

BMX (6-18yrs)
Sun 10am-12noon £3 Gooseley



Indicates free sessions

Playing Fields St Albans Ave E6 Call 07961 333 615

Fencing with Newham Swords
Tues, 6-9pm, Thurs, 6-9pm Fri, 7-10pm. Classes for adults (18+) and mini pirates (4-7yrs) UEL SportsDock Call 07956 618 898

Indoor Cricket (6-16yrs)
Wed, 6-8pm £2, Lister Community School E13 email paul.farthing@activenewham.org.uk

Black Arrows Badminton Club
Adults Fri 7-9pm, Juniors Sat, 10-12noon, £3.70, East Ham LC. Adults Weds, 7-10pm, UEL SportsDock Call 07932 037173

Woodside Badminton Club
Fri 7.30-9.30pm intermediate and club standard £5 waged/£3 unwaged, Carpenters and Dockland Centre, 98 Gibbins Rd, E15 Call 07956 150 240

FOOTBALL

AIR Football (16+yrs)
Tues 1-3pm, Fri 10am-12noon Memorial Park, Memorial Ave E15 Fri, 3-5pm, Beckton Powerleague, E6 Visit www.airfootball.co.uk

Football and Athletics
Thurs 4.5.30pm Britannia Village 65 Evelyn Rd E16

Football & Multi Sports
Mon, 4-5.30pm Newham Leisure Centre, E13 Wed, 5-6pm Stratford MUGA West Ham Ln E15

Mayor's Football League
U10yrs U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16+yrs)
6 a side (4 subs) Weds, 7-10pm Newham Leisure Centre, E13

WHU Kicks
Mon Tues, Fri, 4-7pm, WHUCST Beckton 3G, 60A Albatross Cl, E6 Thurs 6.30-7.30pm, Little Ilford Learning Zone 1 Rectory Rd E12 Thurs, 6.30-7.30pm, Stratford Park MUGA West Ham Ln, E15 Sat 10.30am-12noon, Newham Leisure Centre, E13

Ascension Football
Sat 10-11.30am £3 Reception to 11yrs King George V Park King George Ave, E16 Call 07806 584 925

BASKETBALL

Basketball & Multi Sports
Fri, 5-6.30pm, 8-19yrs Snowshill MUGA, Snowshill Rd, E12

Basketball Sessions
Thurs 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

National League
Mon, 6-8pm, U13/14yrs Tues 6-8pm, U15/16yrs, Rokeby School, E16 Thurs 4.30-6pm U13/14yrs boys, U14yrs girls 6-8pm U16yrs, Newham Leisure Centre E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports - Basketball
Thurs, 5-7pm East Ham Leisure Centre To register email sports@newham.ac.uk or call 020 8257 4255

Senior Programme
Mon 7.30-9.30pm Division 2 women and division 3/4 men Rokeby School, E16 Call 07947 401 616

Newham All Star Sports Academy (NASSA)
Sessions £1 unless indicated Juniors Fri 4-6pm Cumberland School E13 National league U13yrs, U14yrs, U16yrs, Tues, 6-8pm Rokeby School, E16. National league U18yrs Tues, 8-10pm Rokeby School E16 National league U13yrs, U14yrs, U16yrs Thurs, 6-8pm, SportsDock. National league U18yrs Tues 8-10pm UEL SportsDock Junior boys and girls, Sat, 10-20am-12.20pm, UEL SportsDock £2. Call 07703 503 995 www.nassasports.org.uk

Youngbloods Basketball
All sessions cost £1 U12yrs, mixed Sat 1-3pm East Ham Leisure Centre E6 U13/14yrs boys, Mon, 6-8pm and Wed, 4.30-6pm St Angela's School E7 U13/14yrs girls Mon, 4.30-6pm and Wed 4.30-6pm St Angela's School E7 U15/16yrs boys, Tues, 6-8pm, St Angela's School, E7 Thurs, 8pm, St Bonaventure's School, E7 U17/18yrs boys Mon and Wed 8-10pm St Angela's School E7 Call 07958 307 657

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Rd, E6, unless otherwise stated

Mon 8 Dec, 8pm, Council

Tues 9 Dec, 7pm Regeneration and Employment Scrutiny Commission

7pm, Children's and Young People Scrutiny Commission

Wed 10 Dec, 6.30pm Standards Advisory Committee

Thurs 11 Dec, 5pm, Cabinet and Mayoral Proceedings, Stratford Town Hall

Mon 15 Dec, 7pm Local Development Meeting

CONTACT DETAILS

LIBRARIES

Beckton Globe
1 Kingsford Wy, E6

Canning Town Barking Rd, E16

Custom House
Prince Regent Ln, E16

East Ham 328 Barking Rd, E6

Green Street 337-341 Green St, E13

The Gate 6-8 Woodgrange Rd, E7

Manor Park
685-691 Romford Rd, E12

North Woolwich
5 Pier Parade, E16

Plaistow North St, E13

Stratford 3 The Grove, E15

Archives and Local Studies
Call 020 3373 6881 email archiveslocalstudies@newham.gov.uk

LEISURE & SPORTS VENUES

Balaam Leisure Centre
14 Balaam St, E13

East Ham Leisure Centre
324 Barking Rd, E6

Newham Leisure Centre
281 Prince Regent Ln, E13

NewVic Prince Regent Ln, E13

UEL SportsDock Docklands Campus, University Way, E16

COMMUNITY CENTRES (C.C)

Beckton Community Centre
14 Manor Wy, E6, 020 7511 1214

Field Community Centre
147 Station Rd, E7 020 8536 2800

Grassroots Centre Memorial Park, Memorial Ave, E15 020 3373 0650

The Hartley Centre
267 Barking Rd, E6

The Hub 123 Star Ln, E16 020 3373 0750

Jack Cornwell Community Centre Jack Cornwell St, E12 020 8553 3459

Jeyes Community Centre
1 James Cl, E13, 020 8548 9825

Katherine Road Community Centre 254 Katherine Rd, E7 020 8548 9825

St Mark's Community Centre
218 Tollgate Rd, E6 020 7511 1214

Upton Community Centre
Claude Rd, E13, 020 8471 0040

Vicarage Ln Community Centre
Govier Cl, E15, 020 8519 0235

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